



## MEALS on WHEELS DIABLO REGION

Meals on Wheels Diablo Region enhances the lives of Contra Costa County seniors (age 60 and older) by addressing the full range of their life needs. Over the last 50 years, we have evolved from a provider of meals into a full-service organization dedicated to improving all aspects of a senior's quality of life. We use a coordinated care service approach that assesses a client's situation and then provides links to a broad network of support services from nutrition to social interaction to fall prevention to health and wellness. Throughout, our goal is to empower older adults to live independently and with dignity in their homes for as long as possible.

We partner with public and private agencies to provide solutions that keep the best interests of our senior population at heart. We enjoy close ties to key community organizations such as John Muir/Mt. Diablo Community Health Fund and the Contra Costa County Area Agency on Aging (AAA). Working with these organizations, we leverage funding to serve seniors who have the most need and fewest resources.



### EACH YEAR...

**9,960** seniors or their adult children call us looking for help

**6,000** seniors benefit from one or more of our services

**55%** of clients are women

**30%** are 80 years or older

**60%** live alone

**80%** are low or extremely low income

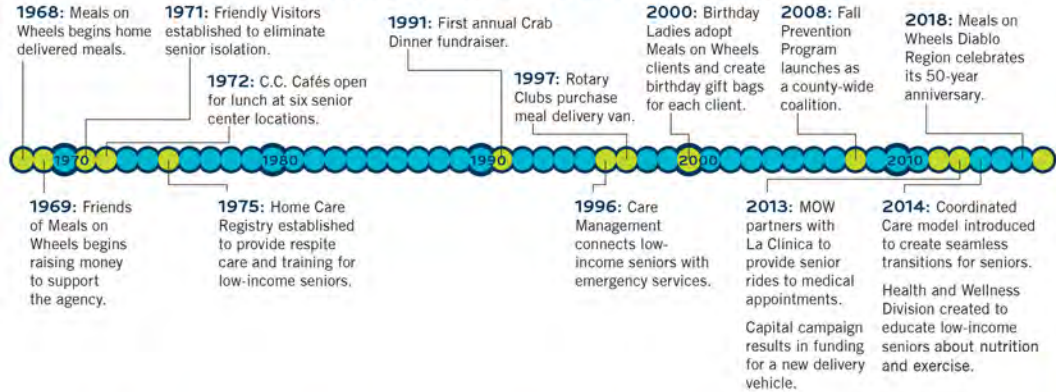
**9%** of our clients are veterans

MUCH MORE  
THAN A MEAL





## OUR HISTORY OF SERVING SENIORS



### “CRITICAL PROGRAMS”

“Seniors need our support. Meals on Wheels Diablo Region provides critical programs that benefit the health and lives of our seniors. I support their work.”

Former Congressman  
George Miller  
(CA-11)



### “HOPE FOR THE HOPELESS”

“Meals on Wheels is more than food. It’s people caring for people, as caring Americans should. It’s resources for the resource-less. It’s a means to cure hunger in the aged; food served with a kind word. To think—we could be your mom, your dad, or even one day—YOU.”

Jacqueline, Antioch

## OUR VOLUNTEERS MAKE THE DIFFERENCE

More than 1,500 volunteers deliver meals, set up cafés, visit homebound seniors, organize fundraising efforts, and help in the office. Very often that friendly voice on the phone or the caring face you see, ready to help, is a volunteer.



As the number of seniors and their needs increase, we are constantly recruiting and training volunteers. Both volunteers and seniors benefit from the experience. It may be just a few hours a week, but it makes a big difference in someone’s life.

“All in all, it is a wonderful time we have together. And I leave feeling energized and loved.”

Volunteer Nadine

“My favorite thing about volunteering is feeling needed—like I have some reason to exist. I don’t know who gets the most out of it—me or the person I’m visiting.”

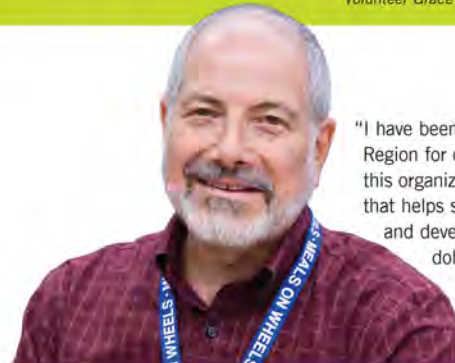
Volunteer Grace

“I’ve been very blessed in life and lived a good life—it’s time for me to give back to the community.”

Volunteer Frank

“I have been a volunteer with Meals on Wheels Diablo Region for over 17 years. One of the truly great aspects of this organization is that they offer an umbrella of services that helps seniors remain healthier, establish friendships, and develop a support network. And 90 cents of every dollar donated goes directly to client programs.”

Volunteer Ray





## COORDINATED CARE

Providing more than a meal, our coordinated care model allows us to address the full range of seniors' needs by linking them to a network of support services.



## MEALS ON WHEELS

Is for people age 60 and older that are homebound and unable to cook or shop for themselves. The visit also serves as a health and wellness check, and a social connection. Our volunteer drivers deliver 750 hot, nutritious meals to homebound seniors every weekday.



## C.C. CAFÉS

Are places for seniors to gather and enjoy social activities and a meal. Our cafés serve 220 healthy, free or low-cost lunches in 6 locations every weekday.



## HEALTH AND WELLNESS

Includes an array of services and resources designed to reduce stress, increase mobility, and improve quality of life. These workshops, alternative therapies, and educational sessions encourage older adults to live life to the fullest.



**MEALS on WHEELS**  
DIABLO REGION

925.937.8311  
info@mowdr.org



## FRIENDLY VISITORS

Matches isolated seniors with screened and trained volunteers from the community for weekly visits. We provide companionship to 220 homebound seniors every week.



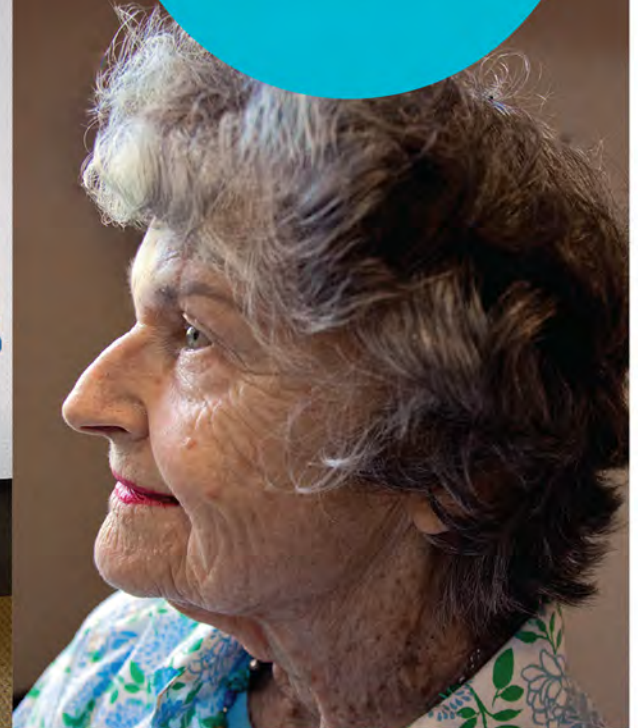
## FALL PREVENTION

Helps reduce preventable injuries, loss of independence, costs, and deaths associated with falls among seniors. Our main focus is on exercise, using programs endorsed by the Centers for Disease Control (CDC). Additionally, 180 seniors receive critical home safety improvements every year.



## CARE MANAGERS

Provide confidential guidance to help older adults and their families meet long-term care needs. More than 800 seniors every year learn about and access services that improve their quality of life and maximize independence.



# EMPOWERING OLDER ADULTS TO LIVE INDEPENDENTLY AND WITH DIGNITY

Nearly 240,000 people, 21 percent  
of Contra Costa County's 1.1  
million, are age 60 or older.



## MEALS on WHEELS DIABLO REGION

Meals on Wheels Diablo Region

1300 Civic Drive, Walnut Creek, CA 94596

Telephone: 925.937.8311

Fax: 925.946.1869

e-mail: [info@mowdr.org](mailto:info@mowdr.org)

[www.mowdiabloregion.org](http://www.mowdiabloregion.org)



*Meals on Wheels Diablo Region is a non-profit  
501(c)(3) organization (IRS #68-0044205).*



MOWDR is supported, in part, by Contra Costa County Community Development Block Grants.  
MOWDR is an equal opportunity employer.



Most people want to age in place and stay in  
their homes and communities to enjoy good  
health, social activities, and peace of mind.

Our caring, professional staff at MOW Diablo  
Region can help—it's free, and confidential.

We have services and referrals that  
can make your life better.



## MEALS on WHEELS DIABLO REGION